

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/GI/Pages/SSO.aspx>



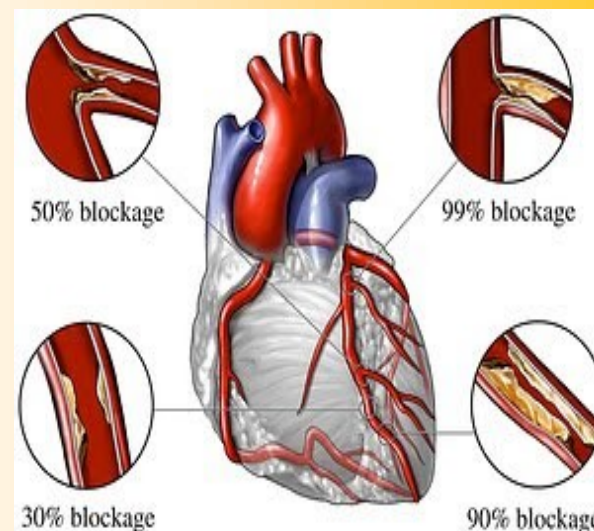
CA ARNG State Surgeon's Office
9800 Goethe Road (Box 31)
Sacramento, CA 95826-9101
Fax: 916.854.4200

SSO Email: ng.ca.caarng.mbx.sso@mail.mil



Dysmetabolic Syndrome X

California Army National Guard
State Surgeon's Office



Dysmetabolic Syndrome X

Dysmetabolic Syndrome X is a group of metabolic risk factors that together increase a person's risk for cardiovascular disease and diabetes. These factors include high blood pressure, high cholesterol levels, obesity, and high blood sugar. You have met the criteria for this syndrome and need to be evaluated by your medical provider for proper treatment.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Dysmetabolic Syndrome X**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



What the State Surgeon's Office Initially Needs from your Medical Provider:

- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treadmill Stress Test or Stress Echocardiogram Test results
- Labs:
 - Repeat Fasting Labs
- Treatment Plan (dietary changes, life-style changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
 - What physical activities you can and cannot do (e.g. running, jumping and lifting)

For your Medical Provider:

This patient is an Army National Guard Soldier who was recently found to meet diagnostic criteria for **Dysmetabolic Syndrome X** per ATP-III. Army regulation requires further evaluation of this patient, to include yearly evaluation while the patient meets diagnostic criteria for metabolic syndrome. Please refer the patient for GXT (Bruce or Modified Bruce protocol) or myocardial perfusion scintigraphy or stress echocardiogram as clinically indicated. Please provide lab results, diagnosis, prognosis and treatment plan, and comment on the patient's physical limitations (if any) on the attached assessment sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests